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Globility Global Traveler

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TROPICAL PERSUASION

For the perfect slice of rejuvenating aloha,
nothing beats Maui. p. 72

COASTAL CALM

Find your bliss at SeaHill Spa at The Cavalier in Virginia Beach. BY SUSAN B. BARNES



HYDRO HEAVEN:
Ladies' whirlpool
PHOTO: © SEAHILL SPA

LYING ON A TABLE WITH WARM QUARTZ “sand” conforming to and cushioning my body rather than a traditional massage table, I felt the stresses of the world leaving my body with every stroke of the masseuse’s hands. The state of complete relaxation to which I was succumbing was preceded by a gentle, full-body dry brushing and quiet time in a deep-soaking Halo Tub. Had I found heaven, or was this merely bliss?

I was enjoying the Ocean and Warm Sand Ritual at SeaHill Spa at The Cavalier Hotel in Virginia Beach, Virginia. The 100-minute treatment features benefits in each of its three fully customized parts: eliminating toxins, relieving stress and boosting circulation through dry brushing; more detoxing and stimulating the collagen replenishment cycle during a soak in the Halo Tub filled with warm water sprinkled with wild gigartina algae; and, of course, encouraging physical and mental relaxation through the massage. The Ocean and Warm Sand Ritual is performed in the spa’s exclusive

Wellness Room, with its Halo Tub and quartz massage table, so I did not need to move from one room to the next. What’s more, the quartz crystals that replicate natural sand ergonomically conform to the body and are believed to naturally cleanse and rebalance the body’s chakras, or energy centers.

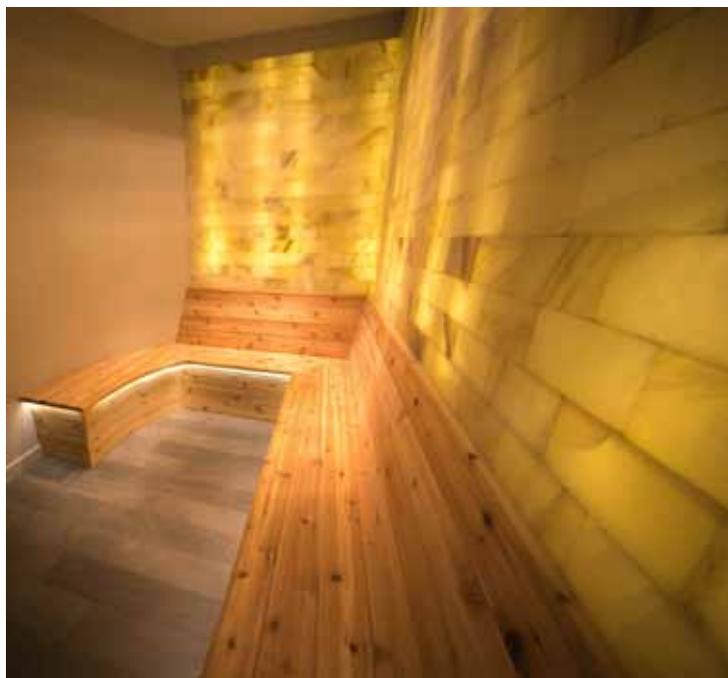
When it opened earlier this year on the lower level of The Cavalier Hotel, a historic property that debuted this spring after nearly \$85 million in renovations, SeaHill Spa had a vision to combine traditional services with modern methods and amenities. Its intention: to promote inner peace and harmony within its nine treatment rooms. Complementing its luxurious services, with plenty from which to choose within the spa’s treatment menu, guests are invited to begin or continue their relaxation within the 6,200-square-foot spa and its co-ed Himalayan Salt Room, sauna, steam room or whirlpool. Just outside the spa, the hotel’s indoor pool and hot tub provide even more lounging opportunities.

Back inside the spa, one of the signature ocean-themed facials on SeaHill's services menu is the 50-minute Ocean Crystal Facial. Aquamarine crystals used in this facial are intended to connect you with the healing energies of the ocean in order to help reverse the aging process and encourage the flow of uplifting energy. Or consider the Ocean Tailored Facial. This 50-minute OSEA, 100 percent vegan treatment features organic Patagonian seaweed to improve the skin's condition and enhance its appearance. A cranial-facial massage gets the blood flowing, too.

In addition to its more traditional massage and facial treatments, SeaHill Spa offers a variety of body therapies that incorporate the spa's Hydro Capsule, a self-contained sensory spa system that includes steam, shower, vibration massage and LED lighting. Whether you enjoy a scrub or wrap — consider the Salts of the Earth Scrub or the Hydrating Wrap — you will delight in not having to put forth any effort as your therapist utilizes the capsule to continue your treatment seamlessly, rather than having to get up and into a shower or tub for rinsing.

Couples who want to spa together can choose from four 120-minute treatments performed in the Couple's Suite: Aroma Balancing Retreat; Magnesium Wellness Treatment; Detox Ceremony; or Bourbon Tea Nutri-Body Wrap, using The Cavalier's own bourbon from its on-site distillery, Tarnished Truth Distilling Co. Afterward, they can enjoy the private suite with its soaking tub for two for even more relaxation.

SeaHill Spa's salon services run the gamut from a traditional cut and dry to coloring and styling for special events. Manicures and pedicures are performed in a comfortable setting, and the mani bar doubles as a blow-dry bar. The



INNER PEACE:
Hydro Capsule (top), Himalayan Salt Room (left), and Gharieni quartz sand bed

PHOTOS: © SEAHILL SPA

**SeaHill Spa at
The Cavalier Hotel**
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salon's spacious design enables its staff to accommodate large groups and bridal parties, complete with makeup services for the big day.

You'll find plenty of ways to spend time relaxing at SeaHill Spa in Virginia Beach. Whichever way you choose, you are certain to find your bliss.